



Bledsoe County Schools  
Health Services  
Infectious Mononucleosis Information

Parents: We want to be transparent about diseases or illnesses that may be circulating in your child's classroom or school. Please review this sheet and be alert of the common symptoms.

Thank you, Your School Nurse

**What is infectious mononucleosis:** An acute viral disease most commonly caused by the Epstein-Barr virus (EBV).

**Who gets infected:** While most people are exposed to the Epstein-Barr virus sometime in their lives, as few as 50% will develop the symptoms of infectious mononucleosis. In developed countries such as the U.S, the age of first exposure may be delayed until older childhood and young adulthood when symptoms are more likely to result. For this reason, it is recognized more often in high school and college students.

**How is it spread:** It is spread by person-to-person contact, via saliva (on hands, toys or kissing).

**What are the symptoms?** Fever, sore throat, swollen lymph glands, and fatigue. At times the liver and spleen are affected and become enlarged. Most recover within 1-2 weeks. The disease is rarely fatal. Symptoms typically appear 4-6 weeks after exposure.

**Contagion period:** Although the virus is present in the throat during the illness and over a year after infection, it is not known how long a person is able to spread after infection. Due to the presence of the virus in the blood, persons with infectious mononucleosis should not donate blood for 6 months after the onset of their illness.

**Treatment:** No treatment other than rest is needed in the vast majority of cases. Due to the risk of rupture of the spleen, contact sports or heavy lifting should be avoided until a physician has cleared the patient to resume these activities.

**Prevention:** Avoid activities involving the transfer of body fluids (commonly saliva) with someone who is currently or recently infected with the disease. At present, there is no vaccine available to prevent infectious mononucleosis.

**When a student is diagnosed with Mononucleosis:**

Obtain medical information from the parent and release of information.

If the student isn't able to return to in-person learning, contact homebound services to further investigate and obtain information and educational services.

When the student returns: obtain a medical release for sports and/or physical activity. Create and discuss the student's IHP.